

Brough Primary School – Curriculum Intention Plan 2023 - 2024



Subject: PE Year Group: 1/2		Area of learning: Mighty Movers (Year B)
Links to previous work/Remember when	<ul style="list-style-type: none"> • Work done in previous year on running and gait skills. • Remember the importance of using the arms when running. • Work done on running at different speeds and in different directions with control. 	
Term	Key Skills to be taught	
Autumn 2 2023 What the children should know at the end of this series of lessons	<ul style="list-style-type: none"> • Complete running activities with balance and co-ordination. • Run for one minute without stopping. • Learn some of the changes that happen to the body during exercise. • Understand the value of a circuit. • Develop running technique with good balance and co-ordination. • Complete a running circuit. 	

Vocabulary

Relay, running, technique, circuit.

Sequence of learning	Learning Objectives/Outcomes	suggested Lesson Outline
1	<p>Learning Objective: To run efficiently using the arms.</p> <p>Key Knowledge: Run effectively by driving arms and keeping the head straight forward.</p>	<p>Recap – Can we remember what we covered last year on running and gait skills. Remember the importance of using the arms when running. Remember the work done in previous year regarding running at different speeds and in different directions with control.</p> <p>Children run around the room - imagine the floor is hot; run with little steps; run with big steps; run with a bean bag on head. Discuss how each of these change their speed. Children play 'Trucks and Trailers' with a bean bag on their head.</p>

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		Finish lesson by playing a range of out and back relay races. Begin with children running normally before making the children run with bean bags on their heads.
2	<p>Learning Objective: To demonstrate running with balance and coordination.</p> <p>Key Knowledge: Run effectively by driving arms and keeping the head straight forward. Body changes after running - temperature increase, skin changes colour, heart rate increases, breathing becomes faster.</p>	<p>Recap – Can we remember how to run most effectively? (driving arms and keeping the head straight forward).</p> <p>Start by getting children to run on the spot. Discuss correct technique. In pairs, children run from one side of the room to the other and follow this up by reviewing each other's technique, giving feedback where necessary. Children then run round a rectangular zone for one minute. Afterwards, discuss body changes (e.g. temperature, breathing, skin colour, heart rate).</p>
3	<p>Learning Objective: To understand the purpose of a circuit and how it can improve fitness.</p> <p>Key Knowledge: Completing the circuits will help improve fitness and running technique.</p>	<p>Recap – Can you remember what happened to our body's after running for a minute in the previous lesson? Recap on circuit work done in Year 1. What is a circuit and why do we do them?</p> <p>Children to take part in a circuit made up of different stations - relay, in and out relay, running on the spot, hoopla and bean bags. Encourage the children to complete the circuit – the aim is to improve their technique and performance.</p>
4	<p>Learning Objective: To understand the purpose of a circuit and how it can improve our fitness.</p> <p>Key Knowledge: Completing the circuits will help improve fitness and running technique.</p>	<p>Recap – Why are we completing running circuits in our lessons on a weekly basis? Can we remember the different stations from last week's circuit?</p> <p>Children to take part in a circuit made up of different stations - relay, in and out relay, running on the spot, hoopla and bean bags. Encourage the children to complete the circuit – the aim is to improve their technique and performance.</p>
5	<p>Learning Objective: Understand the purpose of a circuit and how it can improve fitness.</p>	<p>ASSESSMENT LESSON Recap - Can we remember why we are completing running circuits in our lessons on a weekly basis?</p>

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	<p>Key Knowledge: A very important skill in PE is honesty so that we know how to work on certain skills, etc. Completing the circuits will help improve fitness and running technique.</p>	<p>Children again take part in a circuit made up of different stations but, this time, in pairs - relay, in and out relay, running on the spot, hoopla and bean bags. One child works for one minute while the other counts. Ask them to record how many of each activity they do and check their results.</p>
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<p>Learning Outcome/product</p>
<p>Children take part in a circuit made up of different stations and improve fitness and technique over time.</p>

<p>Assessment records</p>	<p>List only those children who have not achieved the expected outcomes.</p>